

FORGING THE FUTURE:



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Friday FACTS

3 March 2006

"Leadership, Partnership, and Championship"

Post-Deployment Health Reassessment (PDHRA) Briefs Available

Looking for a presentation to use at your command on the PDHRA process? There are new presentations for Sailors and Marines who have deployed and are involved in the PDHRA process at:

<http://www-nehc.med.navy.mil/PDHA>. There are also presentations to use for staff training for providers.

Successful Mental Health and Alcohol Screening Events for Military Units Conference Call Scheduled

The NASD and NDSD Team at Screening for Mental Health, Inc. are hosting a conference call that will focus on how to successfully conduct Mental Health and Alcohol Screening events. The conference call is scheduled for Tuesday, 14 March, 3:00-4:30 pm (EST). For a copy of the agenda and call-in instructions, contact the SMH office at (781) 239-0071, or Military@MentalHealthScreening.org. You are not required to RSVP to participate in the call; but it is appreciated.

Crews Into Shape Challenge Update

Crews News - Registration Deadline Extended to 10 March

Crews Into Shape

As of noon on 28 February (the "advertised deadline") there were over 1,600 folks registered for the 2006 Crews Into Shape Challenge. That's nice, but we're still hoping for one million. So, just like last year, we'll continue accepting registrations right through the first week of the challenge (i.e. until 10 March). Pass the word!

Got Crews Questions? Here's some Crews *Frequently Asked Questions* (and Answers)

- 1) Q. There are only 26 days during the challenge period (6-31 March). Does that mean there are only 26 "scoring" days?
A. **Yes. This was NEHC's planning mistake. There are only 26 days in the challenge, so please limit scoring on your Crews Worksheet to those 26 "scoring" days.**
- 2) Q. How do I update my crew member list?
A. **Just keep your copy of the Crew Worksheet current. There is no need to send in your updates. Send in your final Crew Worksheet between 1-7 April.**
- 3) Q. Can I add or drop crew members?
A. **Yes. Drops don't count against you if they are for illness, TAD or other such emergencies. Use your best judgment.**
- 4) Q. If I lose more weight than my weight loss goal, do I still get the points?
A. **Yes, of course. Exceeding your goal is OK.**
- 5) Q. Is it OK to have 11 crew members?
A. **Yes. That's the max. We left 11 rows on the Crew Worksheet to accommodate folks who interpret "10" crew members as "10 plus the leader".**
- 6) Q. What is the minimum number of Crew members?
A. **2.**
- 7) Q. Can pregnant people participate?
A. **Yes. They should be credited for exercising according to their physician's instructions and their own comfort level.**



Got other Crews Into Shape Challenge Questions? Go to:

http://www-nehc.med.navy.mil/hp/crews_into_shape/index.htm